



Saint Joseph's, Saint Anne's & Holy Family And Saint Patrick's	
Sunday The 31 st Of May 2026 The Solemnity Of The Holy Trinity	
Served By: The Discalced Carmelites	
Parish Priest: Fr. Louis Aroon OCD email: louisaroon2015@gmail.com	
Assistant Priest: Fr. Ligor Alexander OCD email: ligorialex@gmail.com	
Tel: 0191 534 2346	
Sr. Alphonsus (Parish Sister at St. Patrick's, Ryhope)	
Tel: 0191 521 0340	
Rev. Bernard Finan SDS (Retired and resident priest at St. Patrick's)	

31st Of May 2026, The Solemnity of the Most Holy Trinity Year A	
1 st Reading	Exodus 34:4B-6, 8-9
Responsorial Psalm	Daniel 3:52, 53, 54, 55, 56
2 nd Reading	2 Corinthians 13:11-13
Alleluia	Revelation 1:8
Gospel	John 3:16-18

1st Reading - Exodus 34:4B-6, 8-9

4B Moses cut two more stone tablets, and early the next morning he carried them up Mount Sinai, just as the LORD had commanded.

5 The LORD came down in a cloud, stood with him there, and pronounced his holy name, the LORD.

6 The LORD then passed in front of him and called out, "I, the LORD, am a God who is full of compassion and pity, who is not easily angered and who shows great love and faithfulness.

8 Moses quickly bowed down to the ground and worshipped.

9 He said, "Lord, if you really are pleased with me, I ask you to go with us. These people are stubborn, but forgive our evil and our sin, and accept us as your own people."

Responsorial Psalm - Daniel 3:52, 53, 54, 55, 56

R. (52b) *Glory and praise for ever!*

52 Blessed are you, O Lord, the God of our fathers, praiseworthy and exalted above all forever; And blessed is your holy and glorious name, praiseworthy and exalted above all for all ages.

R. *Glory and praise for ever!*

53 Blessed are you in the temple of your holy glory, praiseworthy and glorious above all forever.

R. *Glory and praise for ever!*

54 Blessed are you on the throne of your kingdom, praiseworthy and exalted above all forever.

R. *Glory and praise for ever!*

55 Blessed are you who look into the depths from your throne upon the cherubim, praiseworthy and exalted above all forever.

R. *Glory and praise for ever!*

2nd Reading - 2 Corinthians 13:11-13

11 And now, my brothers and sisters, goodbye! Strive for perfection; listen to my appeals; agree with one another; live in peace. And the God of love and peace will be with you.

12 Greet one another with a holy kiss. All God's people send you their greetings.

13 The grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all.

Alleluia - CF. Revelation 1:8

R. Alleluia, alleluia.

8 Glory to the Father, the Son, and the Holy Spirit; to God who is, who was, and who is to come.

R. Alleluia, alleluia.

Gospel - John 3:16-18

16 For God loved the world so much that he gave his only Son, so that everyone who believes in him may not die but have eternal life.

17 For God did not send his Son into the world to be its judge, but to be its saviour.

18 Those who believe in the Son are not judged; but those who do not believe have already been judged, because they have not believed in God's only Son.

Saint Of The Day

Feast of the Visitation of the Blessed Virgin Mary	
	
Visitation of the Blessed Virgin Mary - The 31 st Of May 2026	
Feast Day	The 31 st Of May
Patron Saint of	-

Visitation of the Blessed Virgin Mary History

In the late fourteenth century, the Church experienced an internal turmoil referred to as the Western Schism. This conflict emerged in 1378 when two individuals asserted themselves as the legitimate pope. Pope Urban VI established his residence in Rome, while the anti-pope Clement VII took up residence in Avignon, France. This division persisted until 1417 when the Council in Pisa ultimately resolved the matter. It was during these troubled times that Pope Urban VI instituted the feast we observe today, the Visitation of the Blessed Virgin Mary, in 1389.

The purpose was to implore the universal Church to pray to the Blessed Virgin Mary, seeking unity and peace amid these challenging circumstances. Although the immediate cause for establishing this feast was internal conflict within the Church, its inspiration lies in the magnificent account found in the opening chapter of the Gospel of Saint Luke. Following the Annunciation, God took on human form as the Divinity became united with humanity within the womb of the Blessed Mother. Mary likely embarked on a journey to visit her cousin Elizabeth within a month of conceiving the Savior of the World. Thus, she travelled as a sacred vessel containing the Most High. Notably, Luke emphasizes that she travelled "in haste." From a spiritual perspective, this phrase holds a twofold meaning. Firstly, despite the Saviour being a tiny child in Mary's womb, He was also God, possessing divine knowledge despite lacking human reasoning at that stage. Thus, within His divinity, God the Son desired that His pure mother visit Elizabeth not only to offer assistance during her pregnancy but also because the Son of God desired to sanctify John the Baptist within his mother's womb. In this journey "in haste," the first thing we witness is the revelation of the Son of God's intention to bestow His sanctifying grace upon His precursor, John, even within the womb. It was Jesus, residing within the womb, who inspired His mother to undertake the journey, fulfilling His divine will. During the Annunciation, the Angel Gabriel revealed to the Mother of God that her cousin Elizabeth had experienced a miraculous conception and was currently carrying a son who would serve as the forerunner to the Messiah. despite the incredible honour bestowed upon her through the incarnation of the Son of God within her womb, the Blessed Virgin humbly kept this extraordinary dignity hidden. However, overwhelmed by her profound joy and gratitude, she resolved to visit and offer her congratulations to the mother of John the Baptist. According to Saint Luke, Mary responded by promptly rising and journeying to a hilly region in Judea to visit Elizabeth, entering the house of Zachariah and offering her greetings. Upon Mary's arrival at Elizabeth's presence, Elizabeth exclaimed, "You are most blessed among women, and blessed is the fruit of your womb." She further acknowledged Mary as "the mother of my Lord" and revealed that an extraordinary and spiritual event occurred within her own unborn child as Mary greeted her. John, still in the womb, leapt with joy. This spiritual joy is a response to the presence of divine grace, and at that moment, John encountered the profound grace that

prompted his joyful reaction. Elizabeth, enlightened by the infused light of the Holy Spirit, comprehended the profound mystery of the Incarnation that God had worked in Mary. Mary, however, out of her humility, refrained from revealing this mystery even to a saintly and close friend like Elizabeth. Overwhelmed with astonishment, Elizabeth pronounced Mary blessed above all other women and marvelled, "Why is this granted to me, that the mother of my Lord should come to me?" In response to Elizabeth's praise, Mary, sinking deeper into the depths of her own nothingness, experienced a surge of humility and was filled with love and gratitude. This led her to burst forth into the wondrous hymn known as the Magnificat. Mary stayed with her cousin for nearly three months before returning to Nazareth. The presence of the God-man in this house brought abundant blessings, as it was the first dwelling that He graced with His human visitation. Mary served as the instrument and conduit through which He bestowed His divine blessings upon the household, emphasizing her role as a channel through which He delights in communicating His graces to us. This encourages us to seek His intercession through her, confident in her ability to obtain His favours for us.

Other Saints Of The Day

- Saint Camilla Battista Varano
- Blessed James Salomone
- Saint Petronilla of Rome
- Blessed Iacobus Chu Mun-mo
- Blessed Mariano of Roccacasale
- Blessed Nicolas Barré
- Saint Mechtildis of Edelstetten
- Saint Felice of Nicosia
- Blessed Vitalis of Assisi
- Blessed Robert Thorpe

Saint Nowa Mawaggali

St Nowa Mawaggali was also known as Noah Mawaggali, or Noe Mawaggali. He was born in Buganda, Uganda and was a member of the Ngabi clan who had converted to Christianity. He was stabbed with a spear and torn apart by wild dogs on May 31 1886 and died as a martyr in Mityana, Uganda during the Mwangi persecutions. He was canonized on the 18th of October 1964 by Pope Paul VI in Rome, Italy. We celebrate him with an additional memorial on June 3 as one of the Martyrs of Uganda.

Blessed Thomas Watkinson

Blessed Thomas Watkinson was a married layman and family man born in Menthorpe, North Yorkshire, England. He provided aid to hide priests during the persecutions of Queen Elizabeth I. He was hanged, drawn and quartered on May 31 1591 in York, North Yorkshire, England and died as a martyr. He was beatified on the 22nd Of November 1987 by Pope John Paul II. We celebrate him with an additional Memorial on The 22nd Of November as one of the Martyrs of England, Scotland, and Wales.

Blessed Juan Moya Collado

Blessed Juan Moya Collado was born on The 2nd of October 1918 in Almeria Spain and died on the 31st of May 1938 in Turón, Granada Spain. He was a young layman in the diocese of Almeria Spain and later martyred in the Spanish Civil War. Additionally, he was venerated on The 14th of June 2016 by Pope Francis (decree of martyrdom).

Blessed Kasper Gerarz

Blessed Kasper Gerarz, also known as Kaspar, was born in 1544 in the Netherlands and died of natural causes on the 31st Of May 1614. He was a Premonstratensian monk, a canon of the monastery in Heylissem, Belgium and also a spiritual director of the convent of Langwaden in Grevenbroich, Germany.

Saint Silvio of Toulouse

St. Silvio of Toulouse peacefully died in 400 AD in Toulouse, France. He served as the fourth bishop of Toulouse and made significant contributions to the region. Notably, he initiated the design and construction of the first basilica in the diocese, laying the foundation for its establishment. Additionally, he played a crucial role in preserving and honouring the relics of St. Saturninus of Toulouse.

Saint Alexander of Auvergne

St Alexander of Auvergne died as a martyr somewhere in the area of modern France but the date is still unknown. His relics were enshrined in modern Auvergne, France.

Saint Crescentian of Sassari

St Crescentian of Sassari, also known as Crescentianus, died in 130 AD in Sassari, Sardinia, Italy. He was martyred in the persecution of Hadrian.

Blessed Nicholas of Vangadizza

Blessed Nicholas of Vangadizza died in 1210 AD. He was a Camaldolese monk and priest in the abbey of Vangadizza (in modern Badia Polesine, Italy).

Saint Mancus of Cornwall

St Mancus of Cornwall was born in Ireland. He was a sixth-century saint who lived in Cornwall. A church is dedicated to him, but no information about him has survived.

Saint Myrbad of Cornwall

St Myrbad of Cornwall was born in Ireland. He was a sixth-century saint who lived in Cornwall. A church is dedicated to him, but no information about him has survived.

Saint Winnow of Cornwall

St Winnow of Cornwall was born in Ireland. He was a sixth-century saint who lived in Cornwall. A church is dedicated to him, but no information about him has survived.

Saint Galla of Auvergne

St Galla of Auvergne died as a martyr somewhere in the area of modern France but the date is still unknown. His relics were enshrined in modern Auvergne, France.

Blessed Nicholas of Vaucelles

Blessed Nicholas of Vaucelles died in 1163 AD. He was one of the first members of the Cistercians, a monk, and an abbot of the Vaucelles abbey.

Saint Hermias of Comana

St Hermias of Comana died in 170 AD at Comana, Pontus. He was a professional soldier, and a martyr and was mentioned prominently in Greek liturgy.

Saint Paschasius of Rome

St Paschasius of Rome died in 512 AD. He was a deacon in Rome, Italy, and wrote on theology.

Saint Donatian of Cirta

St Donatian of Cirta died as a martyr in Cirta, Numidia (in modern Algeria).

Martyrs of Aquileia

Martyrs of Aquileia were beheaded in 304 AD at Aquae-Gradatae (modern San-Cantiano) just outside Aquileia, Italy. They were three young members of the imperial Roman nobility who were raised in a palace and had St Protus of Aquileia as tutor and catechist. To escape the persecution of Diocletian, the family sold their property and moved to Aquileia, Italy. However, the authorities there quickly ordered them to sacrifice to idols; they refused. They were all martyred.

Their names are;

- Cantianilla
- Cantian
- Cantius.

Martyrs of the Via Aurelia

Martyrs of the Via Aurelia died in 69 AD on the Via Aurelia near Rome, Italy. They were four Christians martyred together.

Their names are;

- Justa
- Lupus
- Tertulla
- Thecla

Martyrs of Gerona

Martyrs of Gerona, also known as Martyrs of Gerunda or Martyrs of Girona, were a group of Christians martyred together in Gerona, Catalonia, Spain but the date is still unknown.

Their names are;

- Victurus
- Victurinus
- Victoria
- Tertus
- Tertula
- Teleforus
- Tecla
- Silvanus
- Rogatus
- Rogate
- Paulica
- Maxima
- Lupus
- Lautica
- Justus
- Istialus
- Honorius

- Germanus
- Gaullenus
- Fortunata
- Firmus
- Donatus
- Cicilia
- Castula
- Amelia
- Agapia

Other Saints of the Day for May 31 2026

- Mary, Mediatrix of All Graces

Catholic Sunday Mass Readings Homily - 31st Of May 2026, The Solemnity of the Most Holy Trinity

Today The 31st Of May 2026 Catholic Sunday Readings Homily Theme: The Most Holy Trinity - For God So Loved the World - John 3:16-18

Weekend Mass Times:

Saturday Night Mass Times	
Saint Josephs	5:30pm

Sunday Mass Times	
Saint Joseph's	9:30am
Saint Anne's & Holy Family	11:00 am
Saint Patrick's Ryhope	9:30 am

Sponsors:

The Mack'em Bar Radio Network
Catholic Readings Dot Org